

*The Instructive District Nursing
Association. Its Eighteenth Annual
Report for the Year ending January 31, 1904*

B O S T O N

P. W. Moreland

1904



SUPERINTENDENT AND STAFF OF NURSES

THE EIGHTEENTH ANNUAL REPORT

OF THE

Instructive District Nursing Association

FOR THE YEAR ENDING JANUARY 31, 1904.

(Incorporated 1888)

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ACT OF INCORPORATION.

No. 3480.

COMMONWEALTH OF MASSACHUSETTS.

BE it known that whereas, Phebe G. Adam, Anita E. Wheelwright, Mary Minot, Hannah A. Adam, Judith W. Andrews, Abbie C. Howes, Margaret Greene, Clara T. Endicott, Susannah R. Norcross, Alice D. Chandler, Emily W. Appleton, and others, have associated themselves with the intention of forming a corporation under the name of The Instructive District Nursing Association, for the purpose of caring for the sick poor at their homes, and for instruction in home nursing, and have complied with the provisions of the Statutes of this Commonwealth, in such case made and provided, as appears from the certificate of the President, Treasurer, Secretary, and Managers of said corporation, duly approved by the Commissioner of Corporations, and recorded in this office;

Now, therefore, I, Henry B. Peirce, Secretary of the Commonwealth of Massachusetts, do hereby certify that said P. G. Adam, A. E. Wheelwright, M. Minot, H. A. Adam, J. W. Andrews, A. C. Howes, M. Greene, C. T. Endicott, S. R. Norcross, A. D. Chandler, E. W. Appleton, and others, their associates and successors, are legally organized and established as, and are hereby made an existing corporation under the name of, The Instructive District Nursing Association, with the powers, rights, and privileges, and subject to the limitations, duties, and restrictions which by law appertain thereto.

Witness my official signature hereunto subscribed, and the seal of the Commonwealth of Massachusetts hereunto affixed, this twenty-sixth day of December, in the year of our Lord one thousand eight hundred and eighty-eight.

HENRY B. PEIRCE,

[SEAL]

Secretary of the Commonwealth.

BOARD OF MANAGERS.

President.

MISS ELIZABETH P. CORDNER, 55 Chestnut Street.

Vice-Presidents.

MISS HELEN COLLAMORE, 317 Commonwealth Av., Boston.

MISS MARY MINOT, 245 Marlborough St., Boston.

Secretary.

MRS. ERNEST AMORY CODMAN, 104 Mount Vernon Street, Boston.

Treasurer.

MRS. OTIS NORCROSS, JR., 249 Marlborough Street, Boston.
(SUSANNAH R. NORCROSS.)

MISS HANNAH A. ADAM . . .	4 Bishop St., Jamaica Plain.
MISS SUSAN C. AMORY . . .	233 Marlborough St., Boston.
MISS FANNIE BARTLETT . . .	227 Commonwealth Av., Boston.
MISS MARY E. BATCHELDER . . .	28 Quincy St., Cambridge.
MRS. WALTER C. BAYLIES . . .	5 Commonwealth Av., Boston.
MISS EMILY G. DENNY . . .	Upland Road, Brookline.
MRS. WILLIAM A. DONALD . . .	Chestnut Hill.
MISS CLARA T. ENDICOTT . . .	32 Beacon St., Boston.
MRS. JAMES G. FREEMAN . . .	470 Beacon St., Boston.
MRS. WILLIAM ALLEN HAYES . . .	139 Bay State Road, Boston.
MISS FANNY HOOPER . . .	49 Beacon St., Boston.
MRS. M. A. DEWOLFE HOWE . . .	82 Charles St., Boston.
MISS JULIA O. HUNNEWELL . . .	303 Dartmouth St., Boston.
MISS HÉLOISE MEYER . . .	Lenox, Mass.
MRS. FRANK H. MONKS . . .	Monmouth St., Brookline.
MRS. JAMES G. MUMFORD . . .	29 Commonwealth Av., Boston.
MISS GERTRUDE W. PEABODY . . .	13 Kirkland St., Cambridge.
MRS. JOHN RITCHIE . . .	6 Mt. Vernon Pl., Boston.
MRS. CHARLES F. WHITING . . .	94 Avon Hill St., Cambridge.
MRS. GEORGE S. WHITESIDE . . .	323 Beacon St., Boston.

HONORARY MEMBERS.

MRS. WILLIAM APPLETON . . .	76 Beacon St., Boston.
MISS MARY RUSSELL . . .	72 Beacon St., Boston.

ADVISORY BOARD.

MR. WILLIAM ENDICOTT . . .	32 Beacon St., Boston.
MRS. CHARLES D. HOMANS . . .	Abroad.
MRS. S. T. HOOPER . . .	1 Bond St., Cambridge.
DR. VINCENT Y. BOWDITCH . . .	506 Beacon St., Boston.
MR. EUGENE B. HAGAR . . .	204 Bay State Road, Boston.
DR. ELBRIDGE G. CUTLER . . .	214 Beacon St., Boston.
DR. WILLIAM L. RICHARDSON . . .	225 Commonwealth Av., Boston.
MRS. WILLIAM T. SEDGWICK . . .	Edge Hill Road, Brookline.

DISTRICT COMMITTEES.

DISTRICTS.	MANAGERS.	NURSES.
No. 1. East Boston	{ MRS. F. H. MONKS.	{ MISS ROSE.
THE KING'S CHAPEL NURSE, NO. 1.		
No. 2. { North End	{ MISS MARY MINOT.	{ MISS BRIDGES.
No. 3. }	{ MRS. O. NORCROSS, JR.	}
No. 4. West End .	{ MRS. W. A. HAYES.	{ MISS ILLSLEY.
THE SARAH S. UPHAM NURSE.		
No. 5. South Cove	{ MISS C. T. ENDICOTT.	{ MISS GALLAGHER.
	{ MRS. W. C. BAYLIES.	}
No. 6. Central . .	{ MRS. J. G. MUMFORD.	{ MISS MCKAY.
	{ MISS HÉLOISE MEYER.	}
No. 7. South End .	{ MISS S. C. AMORY.	{ MISS BURROWES.
THE MRS. WILLIAM APPLETON NURSE.		
No. 8. { South Boston	{ MISS E. G. DENNY.	{ MISS ASMAN.
No. 9. }		
No. 10. { South Boston	{ MRS. W. A. DONALD.	{ MISS MCDUGALL.
No. 13. }	{ MRS. G. S. WHITESIDE.	}
No. 11. Roxbury . .	{ MISS J. O. HUNNEWELL.	{ MISS EDDY.
THE THERESA H. BLAKE NURSE.		
No. 12. Roxbury . .	{ MRS. M. A. DE W. HOWE.	{ MISS WILLIS.
No. 14. Charlestown	{ MISS FANNY HOOPER.	{ MISS SHERBROOKE.
	{ MRS. C. F. WHITING.	}
THE CAMBRIDGE NURSE.		
Cambridge	{ MISS G. W. PEABODY.	{ MISS NEILSON.
	{ MISS M. E. BATCHELDER.	}
THE KING'S CHAPEL NURSE, NO. 2.		
Obstetric Work	{ MISS FANNIE BARTLETT.	{ MISS KELLEY.
Nos. 8, 9, 10, 13 .		
Nos. 5, 6, 7, 11, 12 .	{ MISS FANNIE BARTLETT.	{ MISS PARKER.
No. 1, and Supple-	{ MISS H. COLLAMORE.	{ MISS GREEN.
mentary Work in	{ MRS. J. G. FREEMAN.	}
Nos. 5-13		

EXECUTIVE COMMITTEE.

MISS ELIZABETH P. CORDNER, *President*.MRS. E. A. CODMAN, *Secretary*.

MISS FANNIE BARTLETT.

MRS. OTIS NORCROSS, JR., *Treasurer*.

MRS. J. G. FREEMAN.

MISS MARY MINOT.

MISS JULIA O. HUNNEWELL.

SUPPLY COMMITTEE.

MRS. F. H. MONKS. Miss GERTRUDE W. PEABODY. MRS. W. A. DONALD.

Office: Room 67, No. 2 Park Square.

Open daily (except Sundays and holidays) from 9 A.M. to 1 30 P.M.; 2 P.M. to 5.30 P.M.

Telephone Numbers { During office hours, Oxford, 627-3.
 { Night calls for physicians, Back Bay, 1977-6

Agent: MISS L. J. PAYSON.

Superintendent: MISS MARTHA H. STARK. At the office between 2 and 3 P.M.

MEMBERS OF THE CORPORATION.

Extract from the By-Laws.—ARTICLE I. The Corporation of the Instructive District Nursing Association shall consist of the persons named in the Act of Incorporation; of all persons who have been or at any time shall be members of the Board of Managers; of the members of the Advisory Board for the time being; of such persons as shall contribute to the funds of the Association at any one time the sum of one hundred dollars (\$100) or more, each; and of such other persons as shall be, at any meeting of the Corporation, elected members by ballot—the affirmative vote of two-thirds of those present and voting being necessary for a choice.

Adam, Miss Hannah A.	Homans, Mrs. Charles D.
*Adam, Miss Phebe G.	Hooper, Miss Fanny
Allan, Mrs. B. J.	Hooper, Mrs. S. T.
Amory, Miss Susan C.	Howe, Mrs. M. A. DeWolfe
Andrews, Mrs. Judith W.	*Howes, Miss Abbie C.
Appleton, Mrs. William	Hunnewell, F. W.
Ayer, Mrs. James B.	Hunnewell, Miss Julia O.
Bartlett, Miss Fannie	Ireland, Miss Catherine I.
Batchelder, Miss Mary E.	*Jordan, Mrs. Eben D.
Baylies, Mrs. Walter C.	Kuhn, Mrs. Hartman
Beebe, F. H.	Lamb, Mrs. Horace A.
Blake, Miss Marian L.	Leland, Mrs. Charles F.
Blake, Robert P.	Lyman, Mrs. Theodore
Blake, Mrs. S. Parkman	Mason, Miss Ellen F.
Blake, S. Parkman	Mason, Miss Ida M.
*Blake, Miss Theresa H.	Meyer, Miss Héloise
Bowditch, Miss Charlotte	*Minot, Francis, M. D.
Bowditch, Charles P.	Minot, Miss Mary
Bowditch, Vincent Y., M.D.	Monks, Mrs. Frank H.
Bradford, Mrs. Henry	Mumford, Mrs. James G.
*Bradlee, Miss Helen	Norcross, Mrs. Otis, Jr.
Brooks, Mrs. Shepherd	Osgood, Miss Emily L.
Brown, Mrs. Howard N.	*Palfrey, Mrs. F. W.
*Cary, Miss Anne P.	Parker, Miss Ellen G.
Cary, Miss Ellen G.	Parkinson, Mrs. John
Cary, Mrs. E. M.	Peabody, Miss Gertrude W.
Cary, Mrs. Richard	Peabody, Mrs. Frank E.
Chandler, Mrs. F. W.	Perry, Mrs. Arthur P.
Coburn, Mrs. G. W.	*Pierce, Henry L.
Codman, Mrs. Ernest A.	Richardson, William L., M.D.
Collamore, Miss Helen	Ritchie, Mrs. John
Coolidge, Mrs. T. Jefferson, Jr.	Reed, Mrs. William H.
Coolidge, Mrs. J. Randolph	Rogers, Mrs. William B.
Cordner, Miss Elizabeth P.	Russell, Miss Catherine E.
Curtis, Mrs. Horatio G.	Russell, Miss Mary
Cutler, Elbridge G., M.D.	Russell, Mrs. Robert S.
Denny, Miss Emily G.	Sedgwick, Mrs. William T.
*Dixwell, Epes S.	Shaw, Mrs. Quincy A.
Donald, Mrs. William A.	Shaw, Quincy A.
Duryea, Mrs. Herman	Sprague, Mrs. Seth E.
*Dwight, Edmund	Stearns, Mrs. George L.
Endicott, Miss Clara T.	*Tappan, Lewis William
Endicott, William, Jr.	Thorndike, Mrs. Paul
Fairchild, Mrs. Charles	Thorp, Mrs. James G.
Fenno, Mrs. L. Cartaret	*Upham, Mrs. George P.
Freeman, Mrs. James G.	Upham, Miss Susan
Glover, Joseph B.	Vaughan, Mrs. Benjamin
Goldthwait, Mrs. Joel E.	Weld, Mrs. William G.
Goodwin, Mrs. William H., Jr.	Wheeler, Mrs. Henry
Greene, Mrs. J. S. Copley	Wheelwright, Miss Anita E.
Greene, Miss Margaret	Whiteside, Mrs. George S.
Grinnell, Mrs. Charles E.	Whiting, Mrs. Charles F.
*Guild, Mrs. James	Whitney, Henry M.
Hagar, Eugene B.	Winsor, Mrs. Henry
Hayes, Mrs. William A.	Woods, Mrs. Henry
*Higginson, George	

* Deceased.

METHODS OF WORK.

THE precise object of the Instructive District Nursing Association, organized in 1886, is to provide and support nurses duly certified by some well-known hospital training school, who shall care for the sick poor in their own homes, in Boston and its vicinity. These nurses shall also instruct the families they visit to take better care of themselves, by showing them how to obey the laws of wholesome living, and to practice the simpler arts of domestic nursing.

The Boston Dispensary, established in 1796, divides the city of Boston into fourteen outpatient districts, each of which is provided with a competent physician free of charge. Eleven out of the fifteen nurses in the employ of the Instructive District Nursing Association work under these dispensary physicians. The nurse meets the physician of her district each week day, generally at the place where the calls are left. She usually visits the new cases with him and the old cases which she thinks need his attention, but sometimes she makes the round of visits alone, after obtaining his written or verbal instructions. The rest of the day the nurse spends in visiting old cases, and in revisiting those new cases which need her care.

Call stations for the district physicians of Boston Dispensary are the following:—

I. — East Boston. Mr. Woodbury's apothecary shop, 108 Summer Street, corner of Lewis Street.

II and III. — North End. Mr. Simpson's apothecary shop, 396 Hanover Street.

IV. — West End. Mr. Malley's apothecary shop, 113 Cambridge Street.

V. — South Cove. VI. — Central. VII. — South End. Boston Dispensary, Ash Street, corner of Bennet Street.

VIII, IX, X, and XIII. — South Boston. Mr. Curtis's apothecary shop, 373 Broadway, South Boston.

XI. — Roxbury. Mr. Putnam's apothecary shop, 2121 Washington Street, Roxbury.

XII. — Roxbury. Mr. Cramer's apothecary shop, 1212 Columbus Avenue, Roxbury.

XIV. — Charlestown. Stacey's Pharmacy, Thompson Sq.

One nurse works in Cambridge under several doctors. Calls for this nurse are left at the following places: Office of city physician, Central Square, Cambridgeport; the Social Union, 42 Brattle Street, Cambridge, and Patten's apothecary shop, corner Fourth and Cambridge Streets, East Cambridge.

There are three obstetric nurses, two of whom work entirely under the physicians of the Boston Lying-in Hospital: one in districts 8, 9, 10 and 13, the other in districts 5, 6, 7, 11 and 12; in other words, from Boylston Street and Essex Street to Dudley Street, Roxbury, and all of South Boston. The third nurse works under physicians in East Boston, district 1, and also supplements the work of the two other nurses. Each morning the nurses are given a list of newly delivered cases at the South End Branch of the Boston Lying-in Hospital, 174 Harrison Avenue. These they visit with or without their doctor. The nurses are also given a list of the cases to visit before confinement, and when the time allows, these are visited. The third nurse receives her East Boston calls at Mr. Woodbury's apothecary shop, 108 Sumner Street.

Nurses are expected to work eight hours each week day, but only in exceptional cases on Sundays, holidays, or nights. Nurses receive \$40 per month during three months' probation, and then \$50 per month for one year and nine months, and \$60 per month thereafter. Nurses are furnished with uniforms. In addition, nurses are allowed \$5 per month for car fares, and \$2 per month for charwoman and the necessary washing for patients. Nurses are given one month's vacation without loss of pay, a substitute at \$40 per month being provided. Nurses give reports of their work, at a stated time each week, at the office, to a committee of one or two managers. These reports are taken down

by the agent. The nurses' monthly reports are given to the Superintendent and to the Sub-Committee on Nurses.

Special, or emergency, nurses are supplied on application, by any physician of standing, at the office, during the hours in which it is open. These hours are given below. At other times application from physicians only can be made by telephone to number 1977.6 Back Bay. Physicians are requested to fill out the following formula:

Name of Patient
Address.....
Disease
Circumstances.....
Orders.....
Signed.....

Attending Physician.

The Superintendent has supervision over all the nurses, supplies substitutes during their summer vacations or in case of their illness, attends to all emergency calls, recommends nurses for appointment for regular positions, and sees that the supply closets are kept in order.

The Executive Committee has authority over the Superintendent and nurses.

The Supply Committee has the charge of providing all articles needed in the sick room, and apportioning them to the seven closets provided for that purpose in Boston and Cambridge. The articles are loaned under the direction of the nurses.

A District Committee is appointed for each nurse, consisting of one or two managers, which meets the nurse once a week to hear her reports.

All committees are under the authority of the Board of Managers, who at present consist of twenty-four ladies beside the President, and who have the entire management of the business of the Association.

The office of the Association, 67 Park Building, 2 Park Square, telephone number 627.3 Oxford, is open each week day from 9 A.M. to 1.30 P.M. and from 2 P.M. to 5.30 P.M., and is in charge of a salaried agent. The Superintendent is at the office between 2 P.M. and 3 P.M.

ANNUAL REPORT.

It is now eighteen years since the Instructive District Nursing Association began its work, and it sends out to the Boston poor sixteen nurses as well trained and as fully equipped for their work as those who go to the richest homes in the city.

During these eighteen years we have never had such a hard time financially as we are having now. Our general expenses exceeded our receipts by over \$1,300, which loss must be met out of our small general fund. And if we have to draw thus heavily on this fund, we shall very soon have to curtail our work both in the dispensary districts and in the emergency branch.

These sixteen nurses include a superintendent, eleven nurses working under the Boston Dispensary physicians, three obstetric nurses, and one nurse working at large in Cambridge.

During the year, in order to reduce expenses, we combined the South Boston districts 8 and 9 under one nurse. Later on a nurse was placed in Charlestown. The money for this nurse came from the Charlestown people through the interest of Mrs. Charles F. Whiting. At the same time the Boston Dispensary put on a doctor there, having planned to include this part of Boston in its work. The doctor and nurse both began work in December. The cases, at first few in number, are steadily increasing.

The obstetric nurses have really more than they ought to do, but it is done nevertheless cheerfully and well. Two of them work entirely under the physicians of the Boston Lying-in Hospital, and the third partly under them and partly under the doctors of East Boston.

About a year ago the Boston Association for the Relief and Control of Tuberculosis was started, and our Association was asked to coöperate with them in their efforts to stamp out tuberculosis. This we readily agreed to do, and it was arranged that we should take care of all tuberculous patients sent to us from the

Boston Dispensary, the "outpatient" departments of the various hospitals of the city, the Associated Charities, and the Relief and Control Association. At present all cases are reported to this Association and from them our Superintendent receives the names of the patients every morning, and gives them to the nurses in whose district the patients live. If a case be outside the regular districts it is given to a special nurse. The nurse visits the case, instructs, not the patient alone, but the other members of the family, in the care of the patient and the precautions to be taken, and leaves behind her printed instructions in the language best understood by the family. She visits the family from time to time, and makes out each month a written report of the case, which is sent by the Superintendent to the secretary of the Boston Association for the Relief and Control of Tuberculosis.

The emergency nursing is as interesting as any part of our work, and is meant to complete the whole scheme of nursing the poor in the two cities of Boston and Cambridge. Whether it succeeds in doing this is really in the hands of the doctors and the public. The organization is here, in what we consider excellent working order. It lies with them to see that it is patronized and supported. When it is understood that this part of the work often calls for special nurses, as, for example, when the patient is acutely ill, requiring constant watching day and night, it will be seen that the expense is of necessity large, even when attended by the strictest economy. In such cases we must employ special nurses, as no nurse working all day in a district can possibly spend her night at the bedside of a patient. The following is an example of the emergency work.

Dr. ——— called for a nurse one afternoon to go to Allston to take care of a woman with hemorrhage. Her boy of five had been very ill for some time with bronchial pneumonia. The mother herself in a delicate condition had broken down taking care of him. The doctor could not get the boy into a hospital that night. The Superintendent sent a nurse there immediately. There were five children in the family, the father was out of work, and the oldest girl of sixteen was the only support of the family.

The nurse looked after both patients, watching the woman's pulse with great care and giving stimulants whenever the pulse failed. She stayed through the night and into the morning until the Superintendent arrived. The Superintendent saw immediately that the woman required day and night nursing, so she sent another nurse for the day, and for three nights and three days nurses were supplied. By the morning the boy was so far recovered that he was not sick enough to send to the hospital. After three days the Superintendent decided that the woman was well enough to be under the charge of an attendant. The patient is doing well, and the doctor says that her recovery is entirely due to the careful nursing she received.

There are many similar cases to this one, although some have much sadder endings; but gratitude for the nurses is always seen.

Two hundred and forty-three emergency applications have come to us this year. We have taken care of 175 and have turned the rest into proper channels. As may be noticed in the case just reported, our Superintendent visits each case herself, looks into it carefully, sees where a fully trained nurse is needed and where an attendant can be properly employed; she oversees the case carefully and decides when it is best to take off the nurse. We are fortunate in having a Superintendent who has shown herself wise in judgment and devoted to the work.

During the year lectures have been given by the following physicians:—

Dr. Walter C. Bailey, "Tuberculosis."

Dr. George A. Waterman, "Nervous Diseases."

Dr. James S. Howe, "Contagious Diseases of the Skin."

Dr. G. S. C. Badger, "Typhoid Fever."

Dr. Howard T. Swain, "Obstetrics."

Dr. F. M. Spalding, "The Care of the Eyes."

These lectures are not attended by the obstetric nurses, for they attend lectures given at the Boston Lying-in Hospital.

The Association wishes to extend its thanks to all those who have so generously contributed to its support by donations and subscriptions, without which it would be impossible to carry on

the work. To the doctors who have so willingly given their help, it offers its thanks. It likewise wishes to thank the following organizations for their ready coöperation: the Boston Dispensary, the Boston Lying-in Hospital, the Directory for Nurses, the Nurses' Club, the various hospitals of the city, the Associated Charities, the Floating Hospital, the Fruit and Flower Mission, the Young Women's Christian Temperance Union, and the Parker Memorial. Its thanks are also extended to the trustees of the Mrs. Arthur T. Lyman Fund for again giving money for vacations for sick and tired nurses and for emergency cases; to St. Andrew's Chapel, the Roxbury Charitable Society, and the Social Union in Cambridge for the free use of rooms for the loan supplies; to the Young Men's Christian Union for its gifts of car tickets, free rides, and harbor tickets which it has so generously supplied, for the privileges of the Country Week extended so liberally, and for the invitation to so many of our children to their Christmas tree; to the Walker-Gordon Laboratory for free milk orders; to the Church of our Saviour, through Mrs. Frank H. Monks, for Christmas presents to the children in Roxbury, and to the Milton Home, which has given a needful rest to so many of our women and children suffering from debility. The thanks of the Association are given to Mrs. William Appleton, who has opened her house for the sixteenth time for the annual meeting.

By reference to the Treasurer's account it will appear that we have received this year from the executors of the will of R. C. Billings the sum of \$2,500 "to constitute a permanent fund to be called the Robert Charles Billings Fund," of which the income only is to be used for the general purposes of the Association; and that we have also received \$500 from Mrs. William G. Weld towards the expenses of an obstetric nurse; \$200 from the Society for the Relief of the Sick Poor of Roxbury; and \$50 from the Massachusetts Charitable Fire Society. It will also appear that our general expenses have exceeded our receipts applicable thereto by \$1,325.92. On account of the low price of securities we were advised not to sell any bonds at present, but to pledge the same against any overdraft. This we did, and at the end of the year

we owed the American Loan and Trust Company \$1,069.81 with interest.

In summing up the work of the year the question arises, "Shall we be able to continue the work in the way we have been doing, *i. e.*, being always ready to take the cases which come to us, or must we curtail our work, either by taking nurses off the dispensary districts, or by leaving the obstetric work partly done, or by refusing to take the cases of tuberculosis which come to us every day, or by taking back much that we have said in regard to the emergency work?" We hope very earnestly that we shall not have to resort to any of these methods, and that enough money will be supplied to keep the work progressing with the best possible material and on the broadest possible lines.

KATHARINE B. CODMAN,
Secretary.

STATISTICS — FEBRUARY 1, 1903, TO FEBRUARY 1, 1904.

REPORT OF GENERAL WORK.

DISTRICTS.	NAMED NURSES.	Cases.	Visits.	Unrecorded visits.
I. East Boston .		397	3,097	302
II. North End . .		205	2,324	145
III. North End . .	The King's Chapel Nurse	259	3,032	134
IV. West End . .		645	5,722	827
V. South Cove . .	The Sarah S. Upham Nurse	600	5,185	605
VI. Central . . .		752	5,960	1,215
VII. South End . .		383	3,767	505
VIII. South Boston .		729	6,513	722
IX. South Boston .	The Mrs. William Appleton Nurse .	700	5,577	369
X and XIII. South Boston .		602	5,182	1,054
XI. Roxbury . . .		362	3,536	700
XII. Roxbury . . .	The Theresa H. Blake Nurse	356	4,761	980
XIV. Charlestown .		33	253
Cambridge . .	The Cambridge Nurse	275	3,318
Total		6,298	55,296	7,339

The visits of the nurses are of two sorts, classified for convenience as (1) Recorded; (2) Unrecorded. The first are to those patients to whom the nurse pays more than one visit, and where she actually gives nursing treatment.

It is these patients whose names are entered, with all the treatment, upon the specially prepared books. The second comprise the cases to which the physician finds he has been called unnecessarily, or to which a single visit suffices. These cases are not reported individually, but collectively as "unrecorded."

Number of men	1,017
Number of women	2,471
Number of children	2,810
Number of acute medical cases	4,793
Number of chronic medical cases	769
Number of surgical cases	663
Number of obstetric cases	73

RESULT OF WORK.

Number discharged, well or improved	4,187
Number discharged to outpatient department	327
Number discharged to hospital	690
Number discharged by death	317
Number discharged for other causes	491
Number still under care	286

REPORT OF OBSTETRIC WORK.

	No. of cases visited after delivery.	No. of infants.	No. of visits.	No. of cases visited before delivery.	No. of visits.
South Boston	485	457	5,005	82	104
South End	482	449	4,372	54	71
East Boston	89	84	794		
Total	1,056	990	10,171	136	175

REPORT OF TUBERCULOUS CASES NOT UNDER CARE OF DISTRICT PHYSICIANS.

Number of cases from Boston Dispensary,	142
Number of cases from Massachusetts General Hospital,	99
Number of cases from Associated Charities,	10
Number of cases from Private Physicians,	10
Number of men,	161
Number of women,	97
Number of children,	3
Number discharged improved,	4
Number discharged to hospital or sanatorium,	48
Number discharged by death,	14
Number discharged for other causes,	149
Number still under care,	46
Number of recorded visits,	894
Number of unrecorded visits,	339

All tuberculous cases under care of district physicians are included in report of general work.

REPORT OF EMERGENCY WORK.

Emergency applications,	243
Patients cared for by Association,	175
Patients cared for by Special Nurses,	151
Patients cared for by District Nurses,	24
Number of men,	89
Number of women,	17
Number of children,	69
Number of acute cases,	83
Number of medical cases,	66
Number of surgical cases,	6
Number of obstetrical cases,	20
Number of visits,	417
Number of hours (hourly visiting),	97
Number of days,	140
Number of nights,	251

RESULT OF WORK.

Number of patients discharged well or improved,	122
Number of patients discharged to hospital or dispensary,	28
Number of patients discharged by death,	20
Number of patients still under care,	5

A DAY'S WORK ON THE DISTRICT.

BY THE

"THERESA H. BLAKE NURSE."

"I WILL not pray that each day be a perfect day, but I will pray to lapse not into indifference."

Each day brings its own special work; I shall endeavor to give some idea of what an ordinary day's work on the district means.

I start about 8 A.M. with a list of the day's calls; my bag fully equipped; tact, love, and patience packed away in the empty corners to be brought out when needed.

I visit the most urgent cases first, to be able to make an exhaustive report to the physician.

My first call brings me to R—— Place, where I have a child two years of age sick with bronchial pneumonia. The first glance shows the child is most uncomfortable. I question the mother as to the kind of a night the child has passed; take temperature, pulse, and respiration; find that a temperature bath is necessary. The mother, whom I have previously taught, gives the bath. I make up the cot fresh and clean, meanwhile suggesting little improvements in her work. After the bath I give the ordered stimulant, say the needed word of praise, and leave greatly encouraged, as the appearance of this home on my first visit was most unpromising.

L—— Street comes next. A baby fifteen months old. The mother is a firm believer in heated, unventilated rooms, overabundance of clothing, and considers water used in any form harmful. As the little one's temperature is quite high I proceed to give her a bath, the mother anxiously watching. I freshen and make up the cot. The baby, now minus some clothing, seems comfortable and quiet. The mother is surprised and pleased and says, "The doctor's treatment seems good, after all." On my

evening visit the mother will give the child a bath under my supervision.

My next case is also pneumonia. Child of two years. As the mother has learned to give temperature baths and handles the sick one so cleverly, my visit here will be short.

On M—— Street I find my case of pleurisy with a moderate temperature, but patient more comfortable. After reapplying a swath to chest, writing directions about giving medicine and nourishment, I say a word of encouragement to the patient and hurry away.

Am pleased to find my next patient, facial erysipelas, so much improved that he can apply ordered lotion to his face. I instruct the wife as to the nursing care and explain the infectious nature of this disease, the necessary precautions to prevent the family becoming infected.

As it is now 10 o'clock A.M., I must meet the district physician. At the call station I add a few more articles to my bag, viz., culture tubes, tongue depressors, sputum box, a typhoid and malaria outfit. I copy a list of the new calls, and give a report to the physician of the cases I visited the day before and this morning. We visit the new patients and any of the old ones considered necessary. I assist the doctor and do whatever is needful. Admit and discharge patients at his suggestion. The morning visits over, I find I have time before lunch to revisit four cases admitted today, viz., a woman with *otitis media*, two children, boy and girl, with infected burn on leg, and a woman with bronchitis.

To the first case, *otitis media*, I carry a bulb syringe and a pus basin, syringe the ear with ordered solution, require husband to do the same, thus satisfying myself that he understands how to give the treatment. He also signs a slip, promising to return the articles loaned, clean and in good order.

The boy with infected burn on his leg is the next case. The burn is quite deep and dirty, appears to involve the calf. The leg is drawn backward. The child suffers intensely while I clean and dress the leg. He is a brave little fellow, and after the bandage is

applied wipes his eyes and says, "It feels cooler and better now." The mother watched me closely and promised to dress the leg carefully during the night.

The other burn case is not so serious. The mother of this child is not a promising pupil. I expect to make a number of visits here before I can trust her to do the evening dressing. At the case of bronchitis I have written directions about the giving of cough mixture and diet. I try with tactful sympathy to cheer up this patient, who is quite depressed.

But all work and no nourishing food make even a district nurse a dull one. Consequently I take a modest lunch before visiting phthisical patients.

My first phthisical patient is a married woman, whose husband is affectionate and carries out instructions to the letter. I rub the patient with alcohol, leave more paper napkins and bags for the expectorations, which are burned after using.

I meet my second phthisical patient on the street. He is employed as a teamster for one of the breweries. I feel much encouraged, hearing that he has "quit all alcoholic drinks, has not tasted liquor for weeks." It has taken this man a long time to see that he was not improving his condition by over-indulgence.

The next case, phthisis, a male patient, is confined to his bed and is much emaciated. While I give him an alcohol rub and make his bed comfortable, I try to interest him with a bright story. I watch this case closely and repeat on every visit the instructions to tubercular patients. I persuaded the wife to remove carpet and spread newspapers which could be burned around the bed, as the patient does not always know or care where he expectorates. I leave disinfectants for the spittoon, floor, and dusting purposes. As the family is large and needy, The Associated Charities kindly give required aid, and the Roxbury Diet Kitchen supplies the sick man with tempting broths, fresh eggs and milk.

Any case suspicious of tuberculosis requires the getting of a specimen of sputum for examination, not always easy to secure, as tuberculosis patients are sometimes suspicious, and fear being sent away from home.

Looking on my list I find four cases of varicose ulcer. These are all old patients, whom I have at first dressed daily and taught to do their own dressing. As my visit now is often unexpected, I am pleased to find cloth, clean bandage, and ointment ready in the dressing box. I dress each ulcer, praise the neatness of the box, and leave feeling that it is worth while, even if it takes weeks of daily effort to bring matters to this satisfactory state.

I visit my three cases of pneumonia to record the evening temperature on the chart, see that the mothers understand the treatment required for the night, and as it is getting late I go to my last case for the day—a man with an infected burn from the left shoulder to the loin. The history of the case is: the man had an epileptic fit and upset a lighted lamp; was taken to a hospital; being anxious about losing his position was discharged in a few days at his own request, against advice. When the district physician was called the man was in bed, his side in a dreadful condition. On my third visit patient was up and determined to resume his work. I dressed the burns daily on his return from the factory at night. Although patient's general health was poor, his side healed beautifully in a few weeks. A good tonic prescribed by the doctor put him in better health and spirits, and perhaps prevented him from indulging in other kinds of stimulant.

Occasionally household pets come in for a share of my attention. One patient was anxious for my advice about a canary that was suffering from asthma. I recommended a change of climate, as the kitchen where the cage was hung was smoky and stifling.

Necessarily a nurse meets with more or less disappointments, but there is much to keep her bright and happy. I find visiting some of my most hopeless patients a good cure for any abnormal state of mind.

In our daily work we do much that is not actual nursing. If we wish to see improvements in the homes and lives of these people, who trust us and are very quick to feel if we are sincere in our sympathy for their suffering, whether bodily or mentally, we must strive to teach them simple lessons in home economics and hygiene. Thus in helping them to rise we will certainly rise ourselves.

REPORT OF SUPPLY COMMITTEE.

DURING the year many acceptable donations have been received, and we cordially thank the friends and sewing circles whose gifts have helped to fill the many wants. We also thank the editors of *The Christian Register* for the appeal in their paper for old cotton and linen. There is an ever increasing demand upon this supply, and contributions are greatly needed. We should be very glad to receive articles of infants' clothing, bed linen, towels, some baby carriages, and a few trunks for use in the Supply Room.

All contributions should be sent to our principal storeroom, to the care of the janitor at the Boston Dispensary, corner Ash and Bennet Streets, addressed to the "Instructive District Nursing Association," and at the same time a notice should be sent to the office, Room 67, 2 Park Square, to insure prompt acknowledgment of all donations.

C. S. FREEMAN, *for the Supply Committee.*

ARTICLES IN BAG FOR GENERAL NURSE.

Instrument case.	Absorbent cotton,
Scissors.	Sheet wadding,
Forceps.	Bandages,
Probe.	Compress.
Catheter, glass.	Brandy.
Catheter, rubber.	Corrosive tablets.
Thermometer, in bottle of 3% formaldehyde.	Creoline.
Rectal thermometer.	Crude petroleum.
Safety pins.	Vaseline.
Soap box.	Tongue depressors.
Soap.	Culture tube.
Bowl.	Report book.
Nail brush in rubber bag.	Small pad of paper.
Orange-wood sticks.	Pencil.
Comb.	Clinical charts.
Towel.	Diet slips.
Apron.	Board of Health postal cards.
Bag, containing	Carriage orders.
Gauze,	Car tickets.

ARTICLES IN BAG FOR OBSTETRIC NURSE.

Instrument case.	Suit of baby clothing :
Scissors.	1 binder.
Shears.	1 shirt, cotton.
Forceps.	1 petticoat, flannel.
Probe.	1 slip.
Catheter, glass.	1 shawl.
Catheter, rubber.	2 diapers.
Thermometer in bottle of 3% formaldehyde.	Culture tube.
Rectal thermometer.	Brandy.
Safety pins.	Corrosive tablets.
Soap box.	Crude petroleum.
Soap.	Lanoline.
Bowl.	Carbolized vaseline.
Nail brush in rubber bag.	Sub-gallate powder.
Orange-wood sticks.	Boric acid powder.
Comb.	Oxide of zinc and starch powder.
Baby brush.	Eye-dropper.
Towel.	Drinking tube.
Apron, cotton.	Tongue depressors.
Apron, rubber.	Report book.
Bag, containing,	Small pad of paper.
Gauze,	Pencil.
Absorbent cotton,	Diet slips.
Sheet wadding,	Board of Health cards.
Bandages,	Car tickets.
Breast bandage,	Carriage orders.
Compress.	

ARTICLES LOANED.

	Times.		Times.
Comforters	2	Hot water bags	22
Blanket	1	Atomizer	1
Rubber sheets	43	Rectal tubes	3
Sheets	138	Funnel	1
Pillowcases	61	Catheters	2
Nightshirts	15	Feeding cups	4
Nightgowns (women) . .	61	Feeding tubes	2
Nightgowns (children) .	27	Tin pan	1
Breast bandages	262	Crutches	9
Swathes	14	Bed rests	12
Diapers	26	Cot bed	1
Rubber air rings	51	Crib	1
Bed pans	115	Baby carriages	3
Urinals	3	Cabinet chair	1
Bulb syringes	11	Wheel chairs	2
Fountain syringes	23	Steamer chair	1
Douche pan	1	Cresolene lamps	9
Pus basins	6		
Ice caps	30	Total	965

LIST OF CONTRIBUTIONS.

- Bed rest, old cotton and linen. — MISS ADAM.
- Spring cot bed. — Associated Charities, through MISS FENNO.
- Six infants' bands, six bottles for obstetric bags, 400 printed blanks for monthly reports, one year's subscription for the "*American Journal of Nursing*," one hat, one hat block and flange, 336 articles of infants' clothing, flowers for the nurses, old cotton and linen. — MISS FANNIE BARTLETT.
- Two flannel dressing sacks, three flannel skirts for infants, old cotton and linen. — MISS MARY E. BATCHELDER.
- Two dozen eggs. — MRS. WALTER C. BAYLIES.
- One shawl, two pairs leggings, three syringes, rubber tubing, old linen. — MRS. H. W. BELLWS.
- One pair hot water shoes, four pairs supporters. — MRS. S. P. BLAKE.
- Four hundred and sixteen car tickets, ninety-eight carriage orders, fifty-eight round trip harbor tickets. — Boston Young Men's Christian Union, through MISS JOHNSON.
- Compress, old cotton and linen. — MRS. F. W. CHANDLER.
- One air cushion, two hot water bags, two pillows, five pillowcases, old cotton. — MRS. E. A. CODMAN.
- Books and magazines. — MISS COTTING.
- One dressing gown. — MRS. CHARLES W. ELIOT.
- One bandage. — MISS EUSTIS.
- Box of books, toys, and games. — First Congregational Sunday School, Southington, Conn., through REV. F. Q. BLANCHARD.
- One wrapper, one dressing sack, one knitted shawl. — FRIEND.
- Box of cakes. — FRIEND in Cambridge.
- Bed pan for Roxbury district. — FRIEND.

Old linen, eight silk handkerchiefs, one child's dress. — FRIEND.

Three rubber syringes, one glass syringe, one sauce pan, one alcohol lamp, one bottle glycerine, one funnel, old cotton and linen. — FRIEND.

Seven dozen eggs, one pair of slippers. — FRIEND.

Fountain syringe, one rubber sheet. — FRIEND.

Nine diapers. — Friend, through MRS. HOWE.

One pair of crutches. — FRIEND.

Magazines. — FRIEND.

Two boxes of safety pins, diapers. — FRIEND.

Two pillows, underflannels, old cotton and linen. — MRS. M. A. DE WOLFE HOWE.

Ninety pieces of clothing. — KING'S CHAPEL EMPLOYMENT SOCIETY.

Two wrappers, old linen. — MRS. LOWELL.

Large box of flowers. — MR. L. MACOMBER.

Five hundred printed blanks for diet orders. — MRS. FRANK H. MONKS.

Eight sheets, fourteen pillowcases, one apron, fourteen towels, twenty garments for infants, eight dusters, eight wash cloths. — Needlework Guild, Boston Branch, through MRS. T. S. LOCKWOOD.

Twenty-seven articles of infants' clothing, old cotton and linen. — Miss H. A. M. PRESCOTT, president of the Lend-a-Hand Club, Hampton Falls, N. H.

Fifty diapers. — R. F. Sewing Circle, through Miss E. C. MINOT.

Thirty articles of underwear, one urinometer, one breast pump. — MRS. J. B. RICHMOND.

One bed pan. — MRS. W. H. ROBEY, JR.

One bedstead and mattress. — MRS. F. W. SARGENT.

Two nightgowns, three pairs of stockings, one dressing sack, one child's dress, one infant's skirt, one man's wrapper. — MRS. E. W. SEARLE.

Eight children's nightgowns, two women's nightgowns. — Sewing Circle of Cantabrigia Club, through MRS. R. P. WILLIAMS.

Five shades. — MRS. SHAW.

One sulphur lamp. — MRS. J. G. THORP.

Fifty sets of infants' clothing. — Tuesday Morning Sewing Circle,
through MRS. G. R. MINOT.

Box of infants' clothing. — MRS. HENRY WHEELER.

Magazines. — MRS. R. P. WILLIAMS.

Rubber air ring. — MRS. WRIGHT.

Old cotton and linen, four flannel shirts. — MRS. BENJAMIN
VAUGHAN.

Parcels of old linen and cotton. — MRS. JAMES H. ANDERSON,
MISS MARY BARTLETT, MISS SUSAN F. BENT, MRS. BLAKE,
MRS. G. B. BLAKE, MRS. CHARLES P. BOWDITCH, MISS
MARTHA H. BROOKS, MRS. RICHARD CARY, MRS. JAMES B.
CASE, the MISSES CASE, MISS ELLEN M. CHANDLER, MRS. J.
RANDOLPH COOLIDGE, MISS E. P. CORDNER, MISS EMILY G.
DENNY, MISS A. M. GOODWIN, MISS SARAH B. HAGAR, E. M.
HARRIS, MRS. WILLIAM A. HAYES, MISS FANNY HOOPER,
MISS HUNNEWELL, MRS. H. A. LAMB, MRS. A. A. LAWRENCE,
MISS M. E. LEWIS, Members of Cosmian Sunday School,
Florence, Mass., through MRS. J. N. CARY, MISS MARY
MINOT, MRS. OTIS NORCROSS, MISS PARKMAN, MISS M. L.
PLYMPTON, MRS. F. W. ROBINSON, MRS. W. B. ROGERS,
MRS. W. T. SEDGWICK, MRS. W. D. SERRATT, MRS. THOMAS
TALBOT, THE UNION CLUB, and ten "FRIENDS."

TREASURER'S STATEMENT.

THE Treasurer presents the annual account for the year ending January 31, 1904, and regrets to state that it makes an unsatisfactory showing.

While our Permanent Fund was increased \$2,500 by the gift from the estate of Robert Charles Billings, our General Fund (which is our reserve fund) was decreased \$1,325.92 to make good the excess of current expenses (\$15,053.80) over available receipts (\$13,727.88). It is quite important to us that this reserve fund be maintained; otherwise we should be unwilling to begin the year with our full force and staff of nurses. Our annual expenses are about \$15,000. Of this amount, we can safely rely on \$8,000 or \$9,000. For the balance, we must depend on general subscription; and, this failing us, then on our reserve fund to make up the deficit. This deficit in 1902 was \$736.12; in 1903, \$1,325.92. For the year 1904, we shall lose the \$2,000 under the Five Years' Agreement which has terminated, and, without very generous response to our appeal, there will be a serious inroad on our reserve fund. Curtailment of our work would follow at once.

We now have an agent, a superintendent, and fifteen nurses (three of whom are obstetric nurses), and in addition we provide nurses for emergency cases.

We were strongly encouraged to extend our work to its present scope and, with such unqualified endorsements as we have received upon our plan of work and our method of carrying it on, we had every reason to believe that the public would respond to our appeal for \$15,000.

The Treasurer's account in detail follows:

Dr.

INSTRUCTIVE DISTRICT NURSING ASSOCIATION

PAYMENTS.

To Cash paid for

Salaries to Superintendent	\$1,000.08	
“ Regular Nurses	7,894.67	
“ Substitute Nurses	1,708.27	
“ Emergency Nurses	346.04	
		\$10,949.06
“ Agent and her Substitute		770.67
Wages and Expense for care of office		27.45
Incidental Expenses of Superintendent and Nurses, including car fares		1,310.43
Rents: Rooms 67 and 68, Park Building	\$352.92	
Room in No. 1 Page's Court	60.00	
“ “ Ellis Building, South Boston	52.00	
“ “ 329 Saratoga Street, East Boston	48.00	
		512.92
Supplies for Nurses and others		218.78
Uniforms for Superintendent and Nurses		469.92
Annual Reports, including postage		222.09
Stationery and Printing, including postage stamps,		119.47
Unexpended balance returned to Jamaica Plain Dispensary		110.14
N. E. Tel. & Tel. Co.		90.43
Sundry Items		21.90
Care of Emergency Cases (\$293.50) and assistance to sick nurses (\$47.18) from the Mrs. Arthur T. Lyman Fund		340.68

Balance on hand:—

Permanent Fund, including the Robert Charles
Billings' Fund of \$2,500:

Notes secured by mortgages	\$4,500.00
\$24,000 Bds. Chic. Burl. & Q. R.R. [Neb.] 4's at par,	24,000.00
\$1,000 Bd. Illinois Steel Co. conv. 5's, 1910, cost	981.25
\$4,000 Bds. American Tel. & Tel. Co. 4's, cost	3,967.50
\$5,000 Bds. No. P. & Gt. No. R.R. (C. B. Q.) 4's	4,646.25
Deposit in Franklin Savings Bank	605.00

General Fund:

\$2,000 Bds. American Tel. and Tel. Co. 4's	2,047.50
\$2,000 Bds. N. Y. C. & H. R. R.R. (L. Sh.) 3½'s	1,960.00
\$4,000 Bds. Illinois Steel Co. conv. 5's, 1910, cost	3,950.00
Cash on deposit in American Loan & Trust Co.	0.00
Cash in hands of Supply Committee	25.00
Cash in hands of Miss Collamore for emergency cases	100.00
	46,782.50
	\$61,946.44

in account with SUSANNAH R. NORCROSS, Treasurer.

Cr.

RECEIPTS.

By Balance on hand: Amount as per Treasurer's account Feb. 1, 1903, including \$106.99 unexpended from the Mrs. Arthur T. Lyman Fund and \$110.14 unexpended from the Jamaica Plain Dispensary,	\$44,623.75	
Cash in hands of Supply Committee	25.00	
		\$44,648.75
By Annual Subscriptions	\$3,307.00	
Annual Subscriptions under five years' agreement,	2,161.00	
Donations	5,772.00	
		11,240.00
By Gift, from the Executors of the will of R. C. Billings, "to constitute a permanent fund to be called the Robert Charles Billings' Fund"		2,500.00
By Gift from a friend for rent of extra office		125.00
Gift from the Mrs. Arthur T. Lyman Fund		297.00
Income from Investments, including \$77.50 from the Robert Charles Billings' Fund		1,966.57
Sundry items		99.31
Debt Payable to American Loan & Trust Co., on account of overdraft		1,069.81

\$61,946.44

SUSANNAH R. NORCROSS, Treasurer.

Boston, January 31, 1904.

Boston, February 15, 1904. I have examined the foregoing account for the year ending January 31, 1904, and find it correct and properly vouched for.
EUGENE B. HAGAR, Auditor (appointed by the Board of Managers.)

SPECIMEN PAGES FROM WEEKLY RECORDS

No.	First visit.	Name of patient.	Age.	Residence.	Occupation.	Disease.	Nurse.	Doctor.	Articles Loaned.
181	Dec. 19	R. E.	3 years	254 C St.		Pneumonia	G.	N.	
242	Nov. 7	D. M.	45 years	151 H St.	Char-woman	Ulcer of Leg	S.	D.	
230	Oct. 28	M. J.	30 years	42 S St.	Housewife	Phthisis	G.	C.	
346	Dec. 4	B. A.	40 years	15 M St.	Laborer	Rheumatism	M.	J.	
382	Dec. 2	W. N.	21 years	140 T St.	Factory girl.	Peritonitis	W.	V.	
260	Dec. 15	K. B.	2 years	107 B St.		Measles	W.	L.	
16	Jan. 16	M. M.	35 years	65 B St.	Housewife	Obstetric Case	S.	C.	2 Breast Bandages.
224	Oct. 2	C. J.	6 years	4 C Ave.		Pertussis	W.	W.	
314	Sept. 29	M. M.	7 years	53 A St.		Typhoid	G.	L.	2 Sheets, 2 Pillow-cases, 2 Night-gowns.
410	Dec. 19	L. L.	4 mos.	10 L St.		Pneumonia	D.	B.	

OF THE NURSES, FILED AT THE OFFICE.

Relief Given.	NURSING TREATMENT.	Cause of Discharge.	Date of Discharge	No. of Days.	No. of Visits.
	Take temperature, pulse, and respirations. Give the mother directions about the nourishment, the medicine, and stimulants; about greasing the chest, caring for the mouth, and ventilating the room.	Patient Convalescing.	Dec. 27	9	8
	Have taught patient to wash and dress ulcer. Watch the case.	Patient Improved.	Nov. 23	17	5
Help from Associated Charities.	Patient up and about. Give directions about general care, and emphasize the importance of burning the sputum. Keep her supplied with cough medicine.	Patient Improved.	Jan. 15	80	27
	Take temperature. Bandage joints and teach the wife to do it. Give directions about the nourishment and medicine.	Patient Well.	Dec. 19	16	9
	Took temperature and pulse. Gave hot douches. Made poultices. Showed landlady how to do the same.	Patient sent to B. C. Hos.	Dec. 5	4	5
	Taught the mother to bathe the child in saleratus water; to put the drops in the eyes, and to shade the room. Gave directions about the medicine and diet.	Patient Well.	Dec. 20	6	5
	Take temperature and pulse. Bathe patient; make bed. Bandage breast. Care for baby's cord and eyes. Wash and dress baby.	Patient Well.	Jan. 25	10	9
	Gave the mother directions about the medicine and diet; told her to feed child after coughing. Talked to her about the importance of fresh air and good ventilation at night.	Patient Improved.	Nov. 16	46	16
Diet Order.	Keep chart. Give baths. Change clothing and bedding; teach the mother to do the same. Give directions about patient's diet, the care and ventilation of room and the use of disinfectants. The mother takes good care.	Patient Convalescing.	Nov. 1	34	22
Diet Order.	Take temperature, pulse and respirations. The doctor ordered cold baths to be given twice a day, stimulants every two hours and cough medicine. Instruct the mother how to carry out the treatment. Give directions about the feeding. Keep general oversight.	Patient Convalescing.	Dec. 29	11	14

ADDRESSES GIVEN AT THE ANNUAL
MEETING FEBRUARY 24, 1904.

DR. EDWARD O. OTIS.

MRS. PRESIDENT, LADIES AND GENTLEMEN :— I consider it not only an obligation due your Association but as well a privilege to be permitted to speak to you for a brief moment upon the work of this Association. Next to those of you who are conducting this admirable charity through your personal efforts and contributions, next to the district physicians who are the constant and daily witnesses of the ministrations of your nurses in the homes of the poor, perhaps, I, who have charge of the Boston Dispensary, which includes the district service, realize as fully as any one else the incalculable good this Association accomplishes ; and so quietly and beneficently are the services of your nurses rendered that, like the gentle rain from heaven, they fall upon the poor unfortunate with their blessing, and like that unrestricted quality of mercy bless you who give as well as those who take.

In my official capacity at the Boston Dispensary I am in constant and close contact with the district physicians' work, in which work the majority of your nurses are engaged. I see day after day the mother, the husband, the child, the friend, the neighbor, appealing with anxious face for help in the illness of some loved one at home. Sometimes the bearer of the message is a little child, with wan face prematurely old from suffering and responsibility ; sometimes a young mother in rags, with an old shawl over her head, but not infrequently with a beautiful face that any woman might envy ; again, it is the father, all trembling with alarm and fear, begging some one to come at once and see his sick child ; at another time, a kind-hearted landlady asking for help for a lonely boarder who occupies an attic in her house.

In response to all these appeals, I see the physician, accom-

panied by the devoted nurse, trudging through the narrow streets and alleys, up dark flights of stairs to the wretched abode of the poor family who are anxiously awaiting their coming. The physician, faithful as he is, can only examine his patient, make a diagnosis, and prescribe for the disease, and then his work ends. And so, likewise, in many cases any good effect of his professional service would speedily end were it not for the care and instruction which the nurse gives the family, and the attention with which she follows up the advice of the physician. Cleanliness of abode and patient must be secured, suitable diet must be arranged for; whatever local applications are to be applied she sees are properly done. She sees also that the medicines are obtained and faithfully administered. In brief, the efficient, prompt, and continued management of the case under the professional direction of the district physician is in her hands, and more than this the nurse does in so many cases. She carries inspiration, hope, sympathy, encouragement.

"I want something more of my physician," said one of our foremost surgeons once, "than simply to look at my tongue and feel my pulse; I want sympathy." And so it is with every human being when he is ill or in trouble, and most of all those who are not only ill, but poor, wretched, and friendless. And it is particularly the opportunity of the district nurse, as she with skillful hands looks after the patient's material wants and comfort, to impart this sympathy and utter the word of comfort. Blessed opportunity indeed it is to thus serve a fellow-being, his soul as well as his body, so like that which the Master commended in his immortal words, "Inasmuch as ye have done it unto one of the least of these, my brethren, ye have done it unto me."

Moreover, the work of the district nurse consists and ends not only in ministering to the patient during his illness, but quite as important is the object lesson she inculcates by her skillful ministrations. She shows the poor and ignorant mother and household what cleanliness means, impresses upon her the importance of fresh air, clean clothing, bathing, rest, and the proper preparation of food, and makes her realize that even in the midst

of poverty one can procure these elemental conditions of wholesome living. Of incalculable value are these lessons, and so potent are they in the prevention of disease. And so your Association is rightly named the *Instructive* Nursing Association.

Some one has said that the Back Bay was moving on to Mount Auburn, and the slums were coming in to occupy their places. Facetious as the remark may have been meant, there is a grain of truth in it, for it is a fact that the American race is rapidly decadent, and it is to the children of the slums and the poor that we must look for the future population of our great city, for amongst the poor of the Irish, the Jews, the Italians, do we find the large families. How important, then, is it that these children should be cared for so that they may develop into healthy men and women and become useful citizens.

Here, again, the district nurse makes her contribution along with other social and ethical efforts. She shows the mother how to properly care for and protect her children against baleful influences which tend to disease and a debilitated physical condition. Is it any wonder that the young mother who has spent the most of her previous life in the shop or factory should be ignorant of the proper conduct of her home and the care of her children, and when sickness comes, through this ignorance, be utterly incapable of simple nursing? But she is quick-witted and capable of learning, love furnishes the incentive, and, as she watches with keen and anxious interest the trained nurse, she quickly learns the lesson, and knows what and how to do when the next illness comes.

Very many of our district patients are of recent arrival in this country, not even able to speak our language, and bringing so often with them the filth and degradation engendered by their wretched conditions of life in the country whence they came. The district nurse is, perhaps, the first person outside of those of their own nation who enters their home, if home it may be called. As they watch her in her care for the sick one, she seems like a ministering angel to them, and as they learn to know and trust her they gladly attend to her instructions and follow her example.

And so dawns for them a better, cleaner, and more wholesome living. They may not be able to convey their thanks in spoken words which can be understood, but they do it far more impressively with their silent look of gratitude.

None of us can set a value on any human life or forecast its future. Who would have foretold, for instance, that Jacob Riis, that noble worker amongst the people of the tenements, would have become the man he is, and have accomplished the work he has, from the poor, wandering, friendless immigrant he was when he first landed upon these shores? It is no flight of fancy to believe that the first impulse towards higher things may have come to the poor immigrant through the care and sympathy received from the district nurse. Looked at from all sides, it is a noble work, and one envies the splendid and endless opportunities that the district nurse has for service.

As you are all probably well aware, there is now going on throughout the civilized world one of the most profoundly impressive movements of modern times. I refer to the great crusade against consumption, that "captain of the men of Death." Almost every civilized country throughout the world, as I have said, is engaged in it; and while not so dramatic and spectacular as the crusades of old, it is infinitely more beneficent and glorious in the results aimed at. Its object is not to destroy life, but to save it, to stamp out this "great white plague."

In this warfare your Association has entered, and for the past year or longer the district nurse, in addition to her other duties, has undertaken to visit the abodes of the consumptive, investigate the condition of his life and surroundings, teach him how to care for himself and his disease so that he may not jeopardize the rest of the household through ignorance or carelessness in the disposal of his sputum, and see that proper food is supplied him if this is lacking. If the district nurse performed only this duty, she would amply repay all the exertion of this Association in maintaining her service.

You will be pleased to know that at the recent remarkable Tuberculosis Exhibition in Baltimore, the work in this direction

done by your nurses was shown, with a description of the same by your Superintendent, Miss Stark. New York, Chicago, and Washington are also doing the same work through the same agency, that of district nurses.

The greatest of earthly blessings is good health. Without it the rich are wretched and the poor undone, for it is their only capital. With it the poor man can be independent and support his family. Without it he and his family become a burden and expense to the community. It is, then, of the first importance that, when the poor man becomes ill and unable to provide for his family, he should be restored as soon as possible to his working condition. To the rich man illness means discomfort and suffering. To the poor man it means all these, and, in addition, starvation or a burden upon the community.

Looked at from an economic standpoint, then, the care of the poor man in his illness and his speedy recovery is a most important question, for the sooner he is restored to health the sooner the community will be relieved of the burden imposed upon them by his incapacity, and the sooner he will be contributing again to the community by his work. So in the skillful ministration of your nurses to the poor, you make a distinct contribution to the public.

Viewed, then, from all sides—the economic, the preventive, the humanitarian, the educational, the ethical—this Association is engaged in a work of far-reaching consequences for good, and, as I have said here before, I know of no philanthropic undertaking in this city comparable to it in the results achieved. Truly the labors of our district physicians, as faithfully and as skillfully rendered as they are, would be infinitely less fruitful were they not supplemented by your nurses.

I love to see the district physician and nurse starting off on their rounds after having collected the list of calls for the morning. The sight does one's heart good. I know how many anxious households are to be cheered, how many suffering ones to be relieved, how much hope to be inspired, how much sympathy to be extended. The work is hard, I know; the houses are ill-smelling,

and the flights of stairs are dark and long ; sometimes the services are appreciated, sometimes, through ignorance, they are stolidly and distrustfully received ; but when the day's round is done, and the weary doctor and nurse sit down to rest the tired head and aching limbs, the satisfaction which they experience must, I am sure, a thousand times repay them for all their exertions. Forgotten are the rebuffs they occasionally receive, and the deceptions sometimes practiced to obtain a diet order ; remembered only are the suffering ones who have been relieved, and the expressions of their gratitude. "Honey is not sweeter in your mouth," says good Dr. John Brown, "and light is not more blessed to your eyes, and music to your ears, and a warm, cozy bed is not more welcome to your wearied head and legs than is the honest, deep gratitude of the poor."

PROF. WILLIAM T. SEDGWICK.

EVEN among charitable organizations there is a certain necessary competition — a rivalry in good works — by which they are subjected to a rigid natural selection, leading to survival of the fittest. When, therefore, we find an organization like the Instructive District Nursing Association, after eighteen years of trial, not only surviving but flourishing in the community, we have abundant evidence of its innate vitality, strength, and usefulness. Born as this Association was, in the fullness of time, to meet a long-felt want ; nurtured by devoted and self-sacrificing women ; loyally supported by a humane and generous public, it has grown rapidly from small and feeble infancy to large and strong maturity ; from weakness and uncertainty to strength and stability.

And why not ? Its objects are at once simple, sensible, humane, and scientific. It deals successfully with one interesting and important phase of the municipal problem, which problem is by all odds the most important and the most difficult in our American civilization of today. By the mere fact that it succors the poor in the time of their direst need, namely, in sickness, and by that other fact, that it conducts always a campaign of education in simple

ways of sanitation and in the wholesome conduct of life — especially family life — it tends powerfully to ameliorate some of the most trying and discouraging conditions of the urban life of the poorer classes.

As one looks over the whole field of philanthropy and witnesses the innumerable efforts put forth on every hand for the uplifting of the poor, the defective, the sick, and the unfortunate, one cannot but marvel at the evidences of an almost universal human kindness; and among them all I do not know of one which has more effectively covered its own legitimate field of endeavor than the Instructive District Nursing Association of Boston, which, like the general staff of an army, has placed its little troop of trained nurses at strategic points all over the city, and has now these many years steadfastly conducted a vigorous campaign against suffering, disease, and dirt in this community.

To say that any organization which has successfully waged this noble warfare deserves support is to understate the truth. It should be strongly reënforced at every possible point and richly endowed, not only with money, but with the gratitude and good will of every citizen of the greater Boston.

DR. ROBERT L. DE NORMANDIE.

THE work of the Association as I have seen it divides itself naturally into three parts. When a woman applies to the hospital for a physician, *externe*, as he is officially called, her name and address are recorded. The nurse in whose district she lives goes within a few days to see her, and tells her what few necessary articles she must prepare, impressing upon her the need of having them near at hand. What a change this has brought about you can readily realize when I tell you that four years ago, when there was but one nurse to help the clinic, it was no uncommon thing to find that the patient had made absolutely no preparation for the child. This forced us to leave it wrapped in old rags until we could persuade some member of the household to buy or borrow enough clothes with which to dress the baby. Now, because

of the instructions given the women by your nurses, this rarely if ever occurs.

The second part of the work is the nurses' daily visits. There are now three trained nurses whose entire time is given up to maternity cases. For the months of October and November last there were 156 cases attended by the *externes* in the South End and South Boston districts. Each new case is seen by the nurse some time during the first day, and from then on every day — Sunday excepted — until the patient is discharged.

Such a different picture it is since your nurses have come to the women's aid. Before the rooms were filthy, the women nearly as bad, and the babies soon as dirty as their mothers. Now, because of the stimulus of the nurses, the rooms are comparatively clean, the beds are made, and the babies always clean. The hospital's rule is to discharge each case ten days after the child is born. Often this cannot be done, and occasionally when some complication arises the patients may be kept under its care six, eight, or even more weeks.

The lowest number of visits made on each case is ten, giving for these two mentioned months, at least, something over 1,500 calls. If the area covered by these cases were small and compact the number of visits would not be large for the nurses to make, but when one remembers the extent of the district, from the South Station across to the Park Square Station, then out Columbus Avenue to Roxbury Crossing, and from there out Dudley Street to Dorchester Bay, including all of South Boston, one wonders how they accomplish their work so well and faithfully.

The sense of security these daily visits give the house physicians is of great value. When the *externes* are driven to their utmost to attend the new cases, those a few days along in their convalescence cannot be seen by them as often as they should be. But now the house officer knows the case is seen daily by one whose judgment he can rely upon, and who will send him word of anything wrong.

The third, and to me perhaps the most valuable division of the work, is the emergency nurse. A special nurse is asked for

only when a patient is very seriously ill. In the two months I was in the outpatient I called upon the Association in four different cases. Each time was a thoroughly capable and reliable nurse sent. Before the house physicians could turn to the Association they were forced to leave an *externe* with the patient until the immediate danger was passed. This so crippled the working force that the patients already confined were unavoidably neglected, and proper preparations could not be made for those about to be taken sick.

But now this is entirely altered; night or day it is known a nurse may be had on any case within a reasonable time. It is this emergency work, so valuable to the clinic, that eats up the Association's funds. Never can it tell how often will cases arise that demand the watchful care of a nurse, or how long the patient will continue to need her.

To a great extent the good the nurses do depends upon their own personality, their ability to mingle with and manage this cosmopolitan population made up of Negroes, Irish, Jews, Italians, Poles, and Syrians. The women of each district come to know which nurse they are to have, and if the expected one does not appear as soon as she is looked for, the *externes* are asked where she is, often calling her by name, more often naming her chief characteristic. The nurse's influence is widespread, and many of the patients would much prefer that the doctors stay away and they see only the nurse, whose face and uniform they have become accustomed to, and who they know brings nothing but good cheer and comfort to their household. Day by day, through all kinds of weather, into the poorest of homes, amid drunkenness and unpleasant words, these three nurses steadfastly and courageously carry out the Association's work. To have done their work for the day does not satisfy them; when the case is going not exactly right, you will find them again in the evening or on Sunday with the patient, gently but firmly enforcing the measures ordered. How many there are of these extra visits the nurses do not tell. No appeal can be made too strong for funds to carry on successfully this far-reaching charity.

PROF. FRANCIS G. PEABODY.

SOME years ago Lord Rosebery, one of the cleverest and one of the richest men in Great Britain, undertook in his audacious way to compute the advantages which a rich person had in comparison with the poor. His general conclusion was that the advantages of wealth had been greatly overestimated. He pointed out that no one could wear more than one coat at a time, or eat more than one meal, or sleep in more than one bed; so that a great part of the spending of the rich had to be on superfluous objects which did little good and often did much harm. At one point, however, he thought that the prosperous were at an advantage. Money permitted them, he said, to give to those whom they loved the kind of care in sickness which the poor could not afford. Here, this very rich man thought, was the chief advantage of a fortune — that one could insure himself and his home against neglect, and guard precious lives from unnecessary calamities.

This may not be — and I suppose Lord Rosebery did not think it was — the whole truth; but it is a very striking truth. No one who has watched by the bedside of a precious life can forget the gratitude which he felt if everything was being done which money could buy, or the terrible suspicion, from which he could not escape, that a mistake was made, or a precaution forgotten. I was talking only last week with one of the most widely known men in this country, and he was reporting to me the experience of another man who is perhaps the most distinguished of American citizens. Both of these homes had lately been led through the valley of the shadow of death; and what had made that valley in both cases most terrible, and most shattering to religious resignation, was the feeling that better nursing and better medical care might have saved two beloved lives.

Now it is the peculiar beauty of the work of your Association, and its special claim on the support of the community, that it bridges what Lord Rosebery regards as the widest difference between prosperity and want. It is not only the relief of suffering that you accomplish, but the relief of a pain much greater than

physical suffering, the pain of anxiety, the suffering of helplessness. To see those whom one loves suffer and not know how to help, to watch and wait in ignorance, to hesitate about summoning help because help costs so much—that is a trial much more bitter than work, or cold, or hunger. To have, on the other hand, all the skill and intelligence which the richest can command, to be sure that the best which can be done is being done, that one need not plan and worry any more, but may just trust and obey—that restores peace of mind to many a worn-out life in the tenement, just as it does to the most prosperous when their own trusted physician comes.

It seems to me, then, that this work is the straightest way that has been devised to carry the blessings of prosperity to less favored lives. The Pope has been known historically as the Pontifex Maximus—the greatest of bridge builders—but the same title might be applied to the person who devised this way of philanthropy. It is the best of bridge-building, and over the bridge there are carried not only medical skill, but personal sympathy, tranquillity, and power. The nurse not only takes her bag in her hand, but takes herself as well—her cheerfulness, sympathy, refinement, patience, her happiness in being of use—to offer to the poor.

There is one other aspect of this work which must not be forgotten. It is a work done in the home, and is a contribution to the integrity and persistence of family unity and of domestic hope. This is an age of institutions, when most philanthropy is endowing asylums, hospitals, organized charity, wholesale methods of relief; and it is certainly a great blessing that a person who cannot have proper care at home can have it in the hospital ward. But on the other hand, this is a time when, as never before, we see that domestic unity, the coherent family, with its discipline, forbearance, and patience, is the central source of stability in the social order, and when the break-up of this unity is seen to be like the break-up of a stream in spring, carrying disaster to a whole valley below. Wise charity has passed the stage of institutional methods. It does not expect to save human beings by

the wholesale. It does not trust to methods so wooden that they may be fitly called "bureaus of relief." It does not any more describe a poor family as a "case," as though it were a kind of frame to put something in. It visits the home, it lifts the home; it brings not alms, but a friend; it places the children in homes. "An institution boy," said Mr. Riis, "makes the worst apprentice; he is saved from being a tough by becoming an automaton." The only place for a child is a home. The best way of relief is outdoor relief; and out-of-door relief should be out-of-town relief, and the farther out the better.

Now the Nursing Association has the great distinction of dealing directly with the home. The nurse is the angel of the house. It may be a tenement house, indeed, but still it is a source of family affection which needs an angel to stir its waters and heal its ills. Such a work takes account of one of the most beautiful traits of life among the poor, the clinging affection to the home, the disinclination to be separated even for physical good. It thinks of poor people as human beings, and in many a home the final service of the nurse may be not of physical wants, but the renewal of the instincts of the family, on which modern civilization depends.

One of the chief difficulties of the complex problems of our time is the difficulty of being sure that you are doing right. Our political questions are so vast and comprehensive, our industrial problems are so complicated, that a great many people are completely puzzled as to their social duty. What we ought to do with the Philippines, and the Canal, and the trade-unions, and the union label, and the Consumers' League—all this is very hard to know. Our philanthropy, also, is full of perplexing questions. What to do with the tramp, and the criminal, and the homeless, and the immigrant—all these are matters of debate. It is a great comfort, therefore, to fall in with an undertaking which presents a perfectly secure investment. The dividends of this special work are guaranteed. It is underwritten by the assurances of these physicians; it is maintained with the most constant devotion by these managers; it is a bridge which leads

from homes to homes, from the love of the prosperous for their own sick to the needs of the poor for the sick who are no less beloved. It is impossible to believe that such a work shall lack means to keep the bridge strong and open, or that the movement of these angels of the house, crossing the bridge — white-aproned if not white-winged — shall not go steadily on.

OPINIONS OF THREE DISTRICT PHYSICIANS.

“I HAVE to say, as I did last year, that any success in treatment I may have achieved and any suffering I may have relieved have been largely through the assistance of the District Nursing Association.”

“THE District Nursing Association has supplied extra nurses at night in several cases, which has been of great assistance during the year, especially where there was no one to care for the sick excepting young girls or even children.”

“IN regard to the value I place upon the services of the district nurse, I would say that to do anywhere near as efficient work as I am now doing, I simply could not get along without her. Where I now make five calls she makes ten, and every one of them as serviceable as those that I make. If I did not have her services I should be swamped with a mass of details of treatment, all of them important, but just as well attended to by her. The result would be that calls to new patients would have to go unheeded, and the service would be seriously crippled. If the nurse was removed another physician would have to be supplied to take her place. And here, unless he were an exceptional man, her place would be filled in name but not in fact. For the work of the nurse cannot be described by statistics any more than can the dynamic forces of good cheer, inspiration, and the good example of practical helpfulness. These qualities, supplied by the nurse as by no one else, must be reckoned with in estimating her value to the patients, as well as the material assistance they receive in the way of nursing and the distribution of charity.

“If I were to voice the opinion of the patients themselves I am sure my statements would be eloquent with the testimony of these poor people to her value and assistance to them; for such testimony from them I have listened to again and again.

“At present I think of nothing to criticise in the service.”

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Loring, Mr. & Mrs. A. P.	25.00
Lovett, Mrs. A. S.	5.00
Mack, Mrs. Thos. (<i>an.</i>)	5.00
Mason, Miss Ida M. (<i>an.</i>)	300.00
Mass. Charitable Fire So-	
ciety	50.00
Masters' First Assistants	
Club	10.00
Meredith, Mrs. J. H. (<i>an.</i>)	5.00
Merriam, Charles (<i>an.</i>)	10.00
Meyer, Miss Héloise (<i>an.</i>)	10.00
Monks, Mrs. F. H. (<i>an.</i>)	5.00
Monks, F. H. (<i>an.</i>)	5.00
Monks, R. H. (<i>an.</i>)	5.00
Morrill, Miss A. W.	50.00
Morrill, Miss A.	50.00
Morrill, Miss F. E.	50.00
<hr/>	
<i>Carried forward,</i>	\$5,876.00

<i>Brought forward,</i>	\$5,876.00
Morse, Miss Ellen C. (<i>an.</i>)	2.00
Morse, Mrs. Leopold	5.00
Morse, Mrs. R. M. (<i>an.</i>)	5.00
Morse, Mrs. S. T. (<i>an.</i>)	10.00
Morse, Mrs. S. T.	20 00
Moseley, Miss (<i>an.</i>)	5.00
Nash, Mrs. F. K. (<i>an.</i>)	5.00
Nickerson, Mrs. J.	20 00
Norcross, Grenville H. (<i>an.</i>)	10.00
Osgood, Miss E. L. (<i>an.</i>)	20.00
Paine, Robert T.	10.00
Paine, Miss S. C. (<i>an.</i>)	5.00
Parker, Miss E. G. (<i>an.</i>)	10.00
Peabody, Mrs. F. E.	100.00
Peabody, Mrs. S. E. (<i>an.</i>)	5.00
Pickman, Mrs. D. L. (<i>an.</i>)	25.00
Porter, Mrs. Burr (<i>an.</i>)	10.00
Porter, Dr. C. B.	21.00
Pratt, Miss Mary	50.00

Present and Past Parishioners
of Trinity Church: (*an.*)

Allan, Mrs. B. J.	
Anderson, Mrs. J. F.	
Beebe, Mrs. J. A.	
Brimmer, Mrs.	
Gray, Mrs. J. C.	
Loring, Mrs. W. C.	
Lothrop, Mrs. T. K.	
Motley, Mrs. E. P.	
Nash, Mrs. B. H.	
Norman, Mrs. G., '02 and '03	
Sears, Mrs. H. M.	
Shaw, Mrs. G. H.	
Thayer, Mrs. E. V. R.	
Whitman, Mrs.	
Winthrop, Mrs. T. L.	—360.00

Carried forward, \$6,574.00

<i>Brought forward,</i>	\$6,574.00
Raymond, Mrs. H. E. (<i>an.</i>)	2.00
Reed, Mrs. W. H. (<i>an.</i>)	10.00
Richardson, Dr. W. L.	200.00
Ritchie, Mrs. John (<i>an.</i>)	10.00
Roberts, Rev. W. D. (<i>an.</i>)	2.00
Rogers, Mrs. J. C. (<i>an.</i>)	5.00
Rogers, Mrs. Wm. B. (<i>an.</i>)	5.00
Rotch, Mrs. T. M. (<i>an.</i>)	5.00
Rowe, Mrs. H. S. (<i>an.</i>)	10.00
Russell, Mrs. R. S. (<i>an.</i>)	25.00
Sanger, Mrs. Geo. P. (<i>an.</i>)	2.00
Scull, Mrs. Gideon (<i>an.</i>)	25.00
Sears, Mrs. F. R.	10.00
Sedgwick, Mrs. W. T. (<i>an.</i>)	10.00
Sever, Miss Emily (<i>an.</i>)	10.00
Shaw, Mrs. B. S. (<i>an.</i>)	5.00
Shaw, Mrs. R. G. (<i>an.</i>)	5.00
Smith, Miss A. E.	3.00
Sprague, Mrs. S. E. (<i>an.</i>)	15.00
Society for Relief of Sick Poor of Roxbury	200.00
Staigg, Mrs. R. M. (<i>an.</i>)	5.00
Standish, Miss A. (<i>an.</i>)	5.00
Stone, Mrs. Richard (<i>an.</i>)	5.00
Storer, Miss A. M. (<i>an.</i>)	5.00
Storer, Miss M. G. (<i>an.</i>)	5.00
Sturgis, Mrs. J. H. (<i>an.</i>)	5.00
Thacher, Mrs. Geo.	5.00
The '88 Sewing Circle	36.00
Thomas, Miss Mary (<i>an.</i>)	5.00
Trinity Church, Easter	10 00
Ward, Miss C. E.	5.00
Warren, Mrs. B. W.	50.00
Warren, Miss Cornelia (<i>an.</i>)	10.00
Weld, Mrs. A. D. (<i>an.</i>)	5.00
Weld, Mrs. Wm. G.	500.00
Wheeler, Mrs. A. S.	5.00
Wheelwright, Mrs. A. C. (<i>an.</i>)	5.00

Carried forward, \$7,799.00

<i>Brought forward,</i>	\$7,799.00	<i>Brought forward,</i>	\$7,829.00
Wheelwright, Mrs. Edw. (an.)	5.00	Williams, Miss R.	10.00
*Wheelwright, Mrs. G. W. (an.)	10.00	Wilson, Miss L. M. (an.)	20.00
Whitney, E. P.	10.00	Winkley, Mrs. S. H. (an.)	10.00
*Whitwell, Miss S. L. (an.)	5.00	Wood, Mrs. Frank (an.)	10.00
<i>Carried forward,</i>	\$7,829.00	<i>Total,</i>	\$7,879.00

LIST OF SUBSCRIBERS TO THE CAMBRIDGE NURSE.

FOR YEAR ENDING JANUARY 31, 1904.

Abbot, Mrs. E. H.	\$25.00	<i>Brought forward,</i>	\$264.50
Ames, Mrs. J. B.	5.00	Goodale, Mrs. G. L.	5.00
Batchelder, Mrs. S.	5.00	Goodrich, Mrs. B. F.	20.00
Batchelder, Mrs. C. F.	10.00	Goodwin, Miss A. M.	5.00
Bouton, Mrs. J. B.	5.00	Goodwin, Mrs. H. B.	5.00
Brewer, Mrs. C.	10.00	Gray, Mrs. Asa	5.00
Brewster, Mrs. Wm.	10.00	Greenough, Mrs. J. J.	5.00
Brooks, Mrs. A.	5.00	Hayes, Mrs. W. A.	10.00
Brooks, Mrs. J. G.	2.00	Henchman, Miss A. P.	5.00
Bumstead, Mrs. F. J.	5.00	Henshaw, Mrs. J. A.	5.00
Carruth, Mrs. C. T.	10.00	Hopkinson, Mrs. J. P.	5.00
Cary, Miss E. F.	10.00	Horsford, Miss	12.50
Cooke, Mrs. J. P.	10.00	Houghton, Misses	10.00
Curtis, Mrs. T. P.	5.00	Houghton, Mrs. H. O.	5.00
Cushman, Mr. C. F.	5.00	Howe, Mrs. A. P.	5.00
Dana, Mrs.	5.00	Kidder, Mrs. A.	5.00
Dana, Mrs. R. H.	5.00	Ladies' Benevolent Soc'y of	
Emery, Mrs. W.	3.00	No. Ave. Cong. Church	25.00
*Everett, Miss M.	5.00	Lambert, Mrs. W. B.	5.00
Farlow, Mrs. W. G.	12.50	Lawrence, Mrs. Wm.	25.00
First Church of Cambridge		Longfellow, Miss	15.00
(Cong.)	72.00	Minot, Mrs. Geo.	1.00
*Fisk, Mrs. J. C.	10.00	Noble, Mrs. G. W. C.	5.00
Foster, Mrs. F. C.	10.00	Norton, Miss Grace	15.00
Gannett, Mrs. T. B.	10.00	Paine, Miss Jeannie	5.00
Gannett, Mrs. W. W.	5.00	Peabody, Mrs. C.	10.00
Gilman, Mrs. A.	5.00	Peabody, Mrs. F. G.	10.00
<i>Carried forward,</i>	\$264.50	<i>Carried forward,</i>	\$488.00

<i>Brought forward,</i>	\$488.00	<i>Brought forward,</i>	\$588.00
Peabody, Miss M. R.	10.00	Toppan, Mrs. R. N.	5.00
Perrin, Mrs. F.	1.00	Tower, Miss A. E.	1.00
Piper, Mrs. W. T.	5.00	Trowbridge, Mrs. J.	3 00
Read, Mrs. John	10.00	Vaughan, Mrs.	14 00
Read, Mrs. Wm.	5.00	Vaughan, Miss B.	5.00
Ross, Mrs. J. L.	10.00	Ward, Mrs. R. deC.	5.00
Saville, Mrs. H. M.	3.00	Warner, Mrs. J. B.	2.00
Searle, Mrs. Arthur	1.00	Wells, Miss A. R.	5.00
Sedgwick, Miss M. T.	5.00	White, Mrs. J. G.	5.00
Smith, Mrs. Jeremiah	5.00	White, Mrs. J. W.	5.00
Spelman, Mrs. I. M.	5.00	White, Mrs. M. P.	25.00
Stetson, Mrs. H. C.	10.00	Willson, Mrs. R. W.	10.00
Swan, Mrs. S. H.	5.00	Woodman, Miss	15 00
Thorp, Mrs. J. G.	15.00	Woodman, Mrs. W.	5.00
Ticknor, Mrs. T. B.	5.00	Wyman, Miss M. C.	2.00
Tilton, Mrs. F. W.	5.00	Yerxa, Miss S.	5.00
<i>Carried forward,</i>	\$588.00		\$700.00

LIST OF SUBSCRIBERS TO THE CHARLESTOWN NURSE.

Boston Dairy Co.	\$10.00	<i>Brought forward,</i>	\$335.00
Brigham, Geo. A.	5.00	H. P. Hood & Sons	25.00
Brown, Frank D.	5.00	Julian d'Este Co., and Bos-	
Brown, Fred. K.	5.00	ton Excelsior Co.	25.00
Cash	5.00	Pendergast, Mr.	5.00
Geo. G. Fox Co.	10.00	Wellington-Wild Coal Co.	25.00
"Friends"	280.00	Whiting, David & Sons	50.00
Fuller, S. W.	5.00	Whitman, James H.	25.00
Henry, Mr.	10.00	Wright, Henry E. & Son	10.00
<i>Carried forward,</i>	\$335.00		\$500.00

LIST OF SUBSCRIBERS TO THE "FIVE YEARS' AGREEMENT."

Fifth and Final Instalment.

Those marked "a" have paid in full.

Ames, Miss M. S.	\$15.00	<i>Brought forward,</i>	\$1,231.00
aAmory, Mrs. Arthur	10.00	Fields, Mrs. J. T.	5.00
Amory, Mrs. Wm.	10.00	aFitzGerald, Mrs. J. R.	5.00
Arnold, Mrs. G. F.	5 00	Fiske, Mrs. F. S.	5.00
Bacon, Miss E. S.	5 00	Forbes, Mrs. W. H.	50.00
Baylies, Mrs. W. C.	5.00	"Friend "	10.00
Beal, Mrs. B.	3.00	Gay, Mrs. F. L.	20 00
Bigelow, Dr. W. S.	20.00	aGardner, G. A.	40.00
aBlake, Mrs. A. W.	10 00	Gaston, Mrs. W. A.	15 00
Blake, Dr. C. J.	5.00	Hammond, Mrs. G. G.	20.00
Bradford, Dr. E. H.	5.00	Harrington, Dr. F. B.	5.00
Bush, Mrs. J. S. F.	2.00	Hayes, Mrs. W. A.	5.00
Cabot, Mrs. J. S.	10.00	Hecht, Mrs. J. H.	10.00
Cabot, Mrs. R. C.	5.00	aHemenway, Mrs. A.	10.00
aCase, Mrs. J. B.	5.00	Hemenway, Mrs. C. P.	10.00
Cotting, Mrs. C. E.	10 00	Hooper, Mrs. R. C., Jr.	50.00
Cordner, Mrs. John	5.00	Hopkins, Mrs. R. W.	5.00
aCrafts, J. M.	20.00	aHutchins, E. W.	5.00
aCrafts, Mrs. J. M.	10.00	Jackson, Mrs. H.	10 00
aCrafts, Miss E. S.	2.00	Johnson, E. C.	10.00
Crafts, Miss M. E.	5.00	Kidder, Mrs. H. P.	15.00
Crocker, Mrs. G. G.	5.00	Lyman, Mrs. W. P.	5.00
Crosby, Mrs. S. V. R.	10.00	aManning, Mrs. F. C.	5.00
Cummings, Mrs. C. A.	10.00	aMason, Mrs. M. B.	2.00
Cunningham, Mrs. F.	10.00	aMorse, Mrs. J. T.	10.00
Cutler, Dr. E. G.	5 00	Morse, Miss M. F.	3.00
Dexter, Mrs. G. B.	1.00	Newell, Miss L. H.	5.00
Dresel, Miss L. L.	5.00	Nickerson, Andrew	15.00
Dwight, Edmund, Est. of	1,000.00	Olney, Mrs. Richard	5.00
aEaton, Miss	5.00	Otis, Mrs. W. C.	10.00
Fairbairn, Mrs. R. B.	3.00	aParkinson, John	10.00
Farwell, Mrs. J. W.	10.00	aParkinson, John, Jr.	10.00
<i>Carried forward,</i>	\$1,231.00	<i>Carried forward,</i>	\$1,616.00

<i>Brought forward,</i>	\$1,616.00	<i>Brought forward,</i>	\$1,846.00
Peabody, Miss G. W.	10.00	Sprague, Mrs. C. F.	50.00
Peabody, Mrs. O. W.	10.00	Stedman, Dr. H. R.	10.00
Peabody, Mrs. R. S.	10.00	Stone, Mrs. F.	10.00
Perry, Mrs. A. P.	5.00	Storer, Miss A. M.	5.00
<i>a</i> Phillips, Mrs. J. C.	20.00	Storer, Miss M. G.	5.00
<i>a</i> Pickering, Mrs. H.	15.00	Storrow, Mrs. C.	5.00
Pierce, Dr. Geo. B.	5.00	Thayer, Mrs.	5.00
Pierce, W. L.	10.00	Upham, Miss S.	50.00
Putnam, Miss G. L.	5.00	*Walker, Miss M. S.	10.00
Quincy, Mrs. H. P.	20.00	Walley, Miss H. B.	5.00
Rodman, Miss	5.00	Wheeler, Mrs. H.	10.00
Rogers, Mrs. W. B.	35.00	<i>a</i> *White, Mr. C. T.	5.00
Russell, Mrs. H. S.	20.00	<i>a</i> White, Mrs. C. T.	5.00
Sargent, Mrs. F. W.	5.00	<i>a</i> Wigglesworth, Geo.	20.00
Sargent, Mrs. W.	5.00	Wilson, Mrs. W. P.	10.00
<i>a</i> Sears, Mrs. F. R., Jr.	10.00	Winsor, Miss M. P.	5.00
Shelton, B. H.	5.00	<i>a</i> Wood, Mrs. H.	100.00
Shelton, C. P.	5.00	Young, Miss F.	5.00
Sohier, The Misses	30.00		
<i>Carried forward,</i>	\$1,846.00	<i>Total,</i>	\$2,161.00

BY-LAWS.

ARTICLE I. The Corporation of the INSTRUCTIVE DISTRICT NURSING ASSOCIATION shall consist of the persons named in the Act of Incorporation ; of all persons who have been or at any time shall be members of the Board of Managers ; of the members of the Advisory Board for the time being ; of such persons as shall contribute to the funds of the Association at any one time the sum of one hundred dollars (\$100) or more each ; and of such other persons as shall be, at any meeting of the Corporation, elected members by ballot—the affirmative vote of two-thirds of those present and voting being necessary for a choice.

ARTICLE II. The Officers of the Association shall consist of a President, two Vice-Presidents, a Secretary, a Treasurer, and not less than eleven nor more than twenty-three Managers, all of which officers together shall constitute the Board of Managers.

The said Board shall have the entire management of the business and the property of the Association ; and especially shall have power to manage, lease, mortgage, and convey any real estate, and to assign, discharge, and foreclose any mortgages, that shall at any time belong to the Association, and to designate the officer or officers to sign all deeds and other instruments, and to do all acts necessary or proper in the premises.

ARTICLE III. The President, the Vice-Presidents, the Secretary, the Treasurer, and the Managers shall be chosen by ballot at the annual meeting of the Association, or at any adjournment thereof, or at any meeting in lieu of such annual meeting as provided in Article IV of these By-Laws ; and shall hold their offices till the last Wednesday of the following February, and till others are chosen and qualified in their stead.

ARTICLE IV. The financial year shall end with the last day of January of each year. The annual meeting of the Association shall be held on the last Wednesday of February in each year, at such place and time as the Board of Managers shall direct. In the event of the annual meeting, by mistake or otherwise, not being called and held as herein prescribed, the Board shall order a special meeting to be called and held in lieu of and for the purpose of the annual meeting.

ARTICLE V. Any vacancy in the Board of Managers, including the offices of President, Vice-President, Secretary, and Treasurer, may be filled by the Board, whether such vacancy arises from the failure of the Association to elect the complement authorized by the By-Laws or from any other cause.

ARTICLE VI. Special meetings of the Association may be called by the Board of Managers, and shall be called by the President whenever requested thereto by ten members of the Association by a written instrument, which shall also state the purposes for which the meeting is to be called.

ARTICLE VII. At any meeting of the Association ten members shall constitute a quorum; but a smaller number may adjourn any meeting to a specified time and place.

ARTICLE VIII. The Board of Managers shall hold meetings for the transaction of business at least once in each calendar month, except the months of June, July, August, and September. Special meetings of the Board may be called by the President.

Five members of the Board shall constitute a quorum.

ARTICLE IX. There shall be an Advisory Board of not less than seven persons, to be elected by the Board of Managers. The Advisory Board shall be consulted by the Board of Managers whenever it is deemed necessary to refer to them for counsel.

ARTICLE X. The President, or in her absence one of the Vice-Presidents, shall preside at all meetings of the Association and of the Board of Managers.

ARTICLE XI. The Secretary, who shall be sworn, shall be Secretary both of the Association and of the Board of Managers,

shall attend their meetings and keep accurate records thereof, shall give notice of all meetings of the Association or of the Board at least three days before the time of meeting, and shall perform all other duties incident to the office.

ARTICLE XII. The Treasurer shall have custody of the funds and the securities of the Association, shall receive all moneys and, when duly authorized, shall make all payments, shall keep full accounts, shall acknowledge all donations and subscriptions, and shall present at each regular meeting of the Board of Managers a statement of the current condition of the treasury, and at each annual meeting of the Association an account of the receipts and expenditures for the preceding financial year.

An Auditor to examine the Treasurer's books and accounts shall be appointed annually by the Board of Managers.

ARTICLE XIII. These By-Laws may be amended at any meeting of the Association, notice of the proposed amendment having been included in the notice of the meeting, and the proposed amendment having been read at a previous meeting either of the Association or of the Board of Managers.

RULES FOR NURSES.

RULE 1. The duties of nurses are to care for the sick poor in their own homes, and to instruct them and their families in the treatment of their own cases and in the laws of wholesome living. Nurses shall perform these duties under the immediate direction of the physicians, to whom or to whose districts they shall be respectively assigned. In strictly medical and surgical matters, the authority of the physicians shall be supreme; and the Superintendent shall have power to enforce the medical and surgical directions of the physicians in their absence. In all other matters whatsoever, the nurses shall be subject to the authority of the Superintendent. They shall also be subject to the superior authority of the Board of Managers, or of any committee to which the Board may delegate any of its powers in this regard. No call shall be responded to, unless it come through one of the above named authorities.

RULE 2. The limit of the work required each week day shall be eight hours. Night duties and visits on Sundays and holidays shall be exceptional. Time for luncheon shall be allowed about the middle of the day.

RULE 3. The first three months of service of a nurse shall be a term of probation during which either she may leave the service of the Association or the Association may discharge her without notice by either party. At the close of this term she may be appointed for the term of one year and nine months, and she must then agree to remain for the term of a year and nine months. Each reappointment shall be for the term of one year, and each nurse thus reappointed shall agree to remain for the term of one year.

RULE 4. The salaries of nurses shall be \$40 a month each for the first three months, \$50 a month each for the next twenty-one months, and \$60 a month each thereafter. In addition, they shall each be allowed \$5 a month for car fares and \$2 a month for char-woman, the necessary washing for patients and the washing of nurses' aprons.

RULE 5. Nurses shall be examples of neatness and orderliness; and they shall strive to secure the cleanliness of the patients and of the sick rooms.

RULE 6. The Association prescribes a uniform for the nurses. The waists, collars and aprons shall be supplied by the nurses, but the rest of the uniform will be furnished by the Association. Nurses shall wear the uniforms during the whole of the time that they are on duty; and shall always wear aprons while attending on patients.

RULE 7. In cases of contagious or infectious disease, care shall be exercised and all practicable precautions shall be taken to avoid spreading the disease. In such cases, visits shall be made, so far as possible, after the other work of the day has been performed.

RULE 8. When unsanitary conditions exist in the homes of the patients, the Board of Health shall be notified by printed cards provided for that purpose.

RULE 9. Nurses shall not be required to attend cases in houses of ill repute.

RULE 10. In the event of clinical instruction being given to students by the physicians, the presence of the nurses shall not be required.

RULE 11. No interference shall be permitted with the religious or political opinions of patients.

RULE 12. Nurses shall not receive presents of any kind from patients or friends of patients under any circumstances; nor shall they give money or its equivalent in any form, unless authorized by a manager.

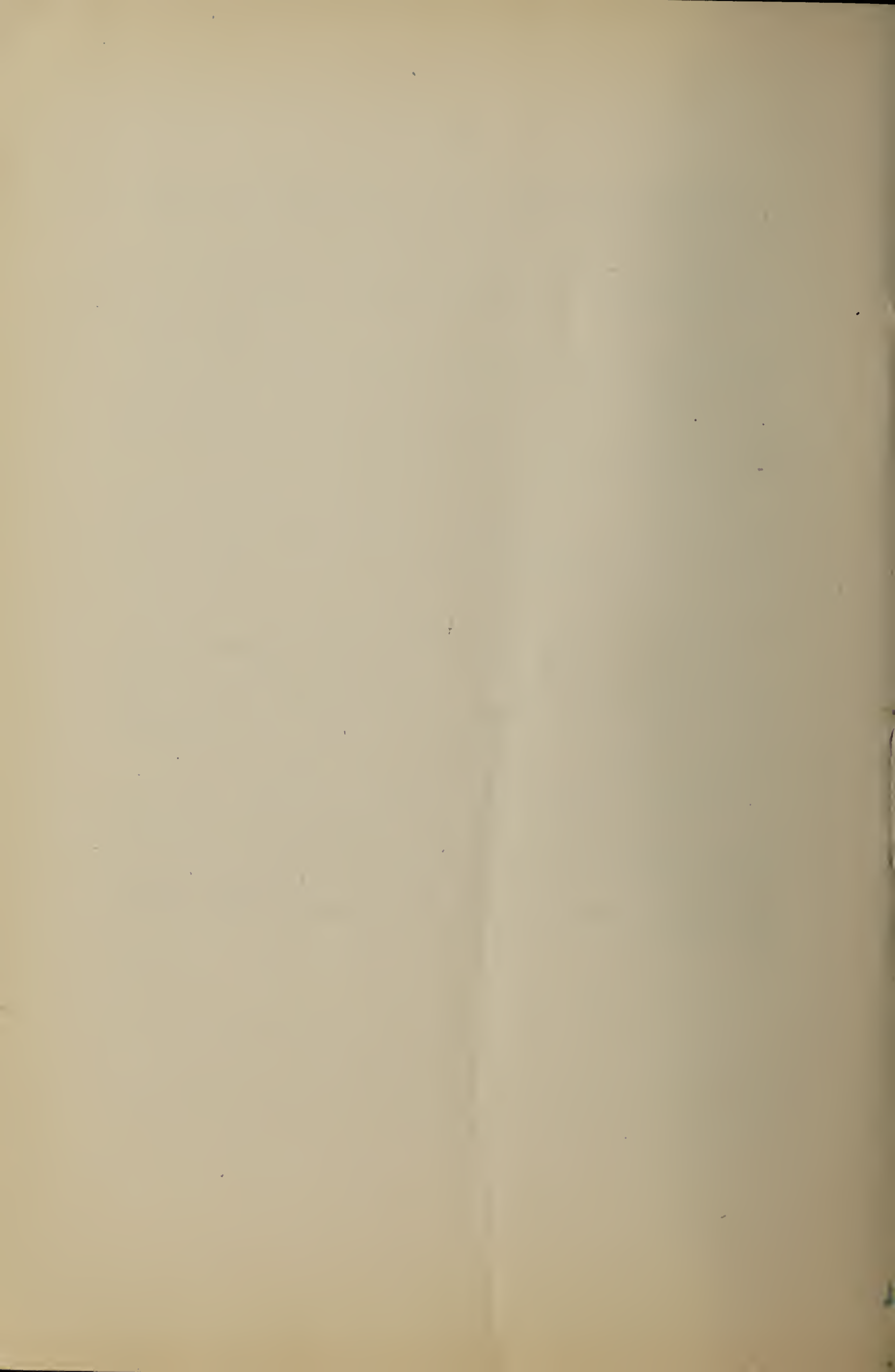
RULE 13. In lending articles to the sick, dated receipts must be taken for all articles loaned; and the return of such articles, properly cleansed, must be required.

RULE 14. Detailed reports of their work shall be made weekly at the office of the Association by the nurses to the agent and at the same time to the District Committees that may be appointed by the Board for the respective nurses. These reports shall be made at such times as the District Committees shall determine. Detailed reports, subject to the inspection of the Superintendent, shall be made in writing monthly by the nurses to the Executive Committee.

RULE 15. Each nurse shall be entitled to one month's vacation in each year; but, whether or not she return to service, her salary will be paid only on the express condition, that she has devoted this vacation to rest and recuperation, and during it has not worked for pay for any employer other than this Association.

RULE 16. A nurse may be immediately dismissed for inefficiency, neglect of duty, or other misconduct, either in the past or present, or if she violate any of the Rules for Nurses, or any direction given her by any properly authorized board, committee or person. Payment shall be made to date of dismissal only.

RULE 17. Except during the term of probation, no nurse shall leave the service of the Association in the midst of a term, except for illness or with the consent of the Association; and if she shall leave in violation of the preceding provision, she shall be liable, at the discretion of the Association, to forfeit a month's pay.



FORM OF BEQUEST

I give and bequeath unto the INSTRUCTIVE
DISTRICT NURSING ASSOCIATION, in Boston, in the
State of Massachusetts, incorporated in the year
1888, its successors and assigns, the sum of

